

The Senior Scoop

BOB GILMORE SENIOR CENTER

MAY 2012

COMMENTS FROM THE COORDINATOR - MARGO COSTER

May is the official month of Mother's Day an opportunity to recognize all Mothers whether they are a Mother, Step Mother, or Aunt, anyone who was your Mother figure growing up, or maybe you yourself had this role. We will have a tea to honor all Mothers.

Another holiday we will celebrate is Cinco de Mayo, the commemoration of the Mexican Army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican war.

We will also have a wonderful speaker from Integrity speaking on Stress and Anxiety for our covered dish luncheon.

Don't forget the Lions Club Park Senior Center has extended their hours on Tuesday evenings. In addition all of the Tuesday evening dances are now held at the Lions Club Park Senior Center. This also allows for working seniors to be able to enjoy all of the awesome programs and amenities offered here in Killeen. Please help by giving your support to our wonderful Bands and DJs by joining them at our dances. So put on those dancing shoes or just come out to play pool or cards with your friends. The Center will be open from 8:00 a.m. to 9:30 p.m. on Tuesdays.

Mother's Day Tea

On MAY 11 we will have our annual Mother's Day Tea honoring Mothers (Step Mothers, Aunts). Put on those fancy hats and come prepared to be pampered. Enjoy tea, music, games, prizes and food.



DATE: MAY 11th
TIME: 9-11:15 AM
LOCATION: Bob Gilmore Senior Center

Cinco de Mayo

Celebrate with us with Dr. Kott's Folklorico Dancers & Mariachi players, enjoy games, dancing, food, prizes and mucho fun. At the Bob Gilmore Senior Center.

DATE: MAY 4
TIME: 9:00 - 12:30



See pg. 2 for more MAY events & programs.

MAY SPECIAL EVENTS:

- Cinco de Mayo
- Mother's Day Tea
- Arm Chair Travel Trip To Alaska

SENIOR COUNCIL EXECUTIVE BOARD

- Pete Hilliard, *President*
- Virginia Roughton, *V. Pres.*
- Bill Taylor, *Treasurer*
- Shirley Stephenson, *Secretary*
- Charlie King, *Parliamentarian*
- OPEN, *Chaplain*

Next meeting will be 12:30 p.m.
MAY 2nd at Bob Gilmore Senior Center

SENIOR CITIZEN ADVISORY BOARD

- Patsy Bracey, *President*
- Katherine Gordon, *V. Pres.*
- Joan Kelley, *Secretary*
- Rosa Kea
- Lucille Jump
- Mae Lane
- Juanita Borth
- Klaus Adam
- Aresa Spencer

Next meeting will be 4:30 p.m.
MAY 21st at the Lions Club Park Senior Center.

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SENIORS ON THE GO

ATLANTIC CITY, PHILADELPHIA, NY

TRIP FULL. Taking Stand By.

DATE: June 14-24, 2012 (11 Days & 10 Nights)

COST: \$ 869.00/person (Double Occupancy)

BRANSON SHOW EXTRAVAGANZA

DATE: September 2-8, 2012 (7 Days 6 Nights)

COST: \$579.00 per person (Double Occupancy)

FLORIDA TRIP

Come enjoy sunny Florida!

Almost full

DATE: October 20-28, 2012

(9 Days & 8 Nights)

COST: \$679.00/person

(Double Occupancy)



For more information about trips please contact Olga at 690-7320 or Bertie at 628-8191

Never take someone for granted. Hold every person close to your heart because you might wake up one day and realize that you've lost a diamond while you were too busy collecting stones...

MAY EVENTS & PROGRAMS

CHAIR MESSAGES

Carrie Howell will be at the Center doing free chair massages on the dates below. Please sign-up in advance.

DATE: MAY 7 & 16

TIME: 8:30 AM

HAIRCUTS

Not only do the ladies from G-3 Church provide a delicious lunch once a month but they also provide free haircuts! Sign-up today!

DATE: MAY 7

TIME: 9:15 AM

BINGO

Are you feeling lucky? Then come play some BINGO!

DATE: MAY 4

TIME: 1:00 PM

RED HATS (GOLDEN GIRLS)

Will have their Mother's Day Tea at the Bob Gilmore Senior Center at 1:00 PM. Please wear your red hats.

DATE: MAY 11

TIME: 1:00 PM

BUTTERBEAN AUCTION

Going once, going twice, sold! See what treasures you can win this month!

DATE: MAY 18 (will be one week early)

TIME: 9:15 AM



BLOOD PRESSURE CHECKS

Stop by the Center at any of the dates below to have your blood pressure checked from 10:30 - 11:30 a.m.

Guardian: **1st Atlantic:**

MAY 7 **MAY 3**

MAY 21 **MAY 17**

MONTHLY MOVIES

This month's Classic movie will be **"The Searchers" starring John Wayne**. The New Release movie will be **"War Horse"**.

DATE(S): MAY 1- Classic

MAY 15 - New Release

TIME: 12:15 PM

30 MINUTE MESSAGES

Carrie Howell will be doing 30 minute table massages on the dates below for \$25/person. Please sign-up in advance.

DATE(S): 8 & 17

TIME: 9:00 AM

Arm Chair Travel

We'll be traveling to Alaska, so bring along your adventurous spirit and enjoy this arm chair travel.

DATE(S): MAY 10

TIME: 12-2:00 PM

COVERED DISH LUNCH

Celebrate MAY Birthdays with us! Guests of members are welcome to attend. Our guest speaker will be Stephen (Steve) Gifford, former English teacher, ordained minister, accomplished public speaker, moderator of over 300 TV Stations weekly. He will be speaking on Anxiety and Stress.

DATE(S): MAY 16

TIME: 10:45 AM

WEEKLY PROGRAMS & GAMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42
	Ceramics		Joker		Ceramics
			Walking at Killeen Mall		
8:30 a.m.	Hand & Foot	Hand & Foot	Hand & Foot	Hand & Foot	Hand & Foot
	Spinner Dominoes		Life Changing Events		
9:00 a.m.	Hand & Foot	Chicken Foot (9:30 a.m.)	Gospel Sing A Long	Draw for Partners 42	Stampin' Up Class
				Puzzles	
10:00 a.m.	Chicken Foot	Yoga Class	Scrabble	Arm Chair Travel	Recycle Cards Class
	Line Dancing w/Lori				
10:30 a.m.	Fun Games	Bible Study w/ Charles	Creative Writing Class	Mexican Train Dominoes	Fun Games
12:00p.m.	Dirty Marbles	Canasta	Mah Jongg	Book Club	Yahtzee
	Bible Study w/Richard	Fun Games			Spades
12:30p.m.	Beginning Quilting	Pinochle	Cribbage	84	Gardening Tips
		Phase 10 Card Game	Joker	Sews & Sews	
1:00 p.m.	Hand & Foot	Hand & Foot	Wii Sports	Texas Hold'em	Dr. Kott's Music Class
			Water Color (1:30 p.m.)	Fun Games	Red Hats (2nd Fri.)
2:00 p.m.	Crafts	Easy Pillows Class	Wreath Class	Choir Practice	Painted Pots Class
2:30 p.m.	Exercise	Hand & Foot	Exercise	Hand & Foot	Exercise

For more information on above programs call 254-699-1717

SENIOR SWEET SPOT

Berry Trifle from All Recipe

Ingredients

1(10.75 oz) pkg pound cake, cubed
 1 (10 oz) pkg frozen blue berries
 1(10 oz) pkg frozen raspberries
 1 (10 oz) pkg frozen blackberries
 2 Tbsp. Praline liqueur
 1 (5 oz) pkg instant vanilla pudding mix
 1/2 cup milk
 1 (14 oz) can sweetened condensed milk
 1 (8 oz) container frozen whipped topping, thawed.

Place cubed cake in bottom of large glass serving bowl. Layer the blueberries, raspberries and blackberries on top of the cake. Sprinkle with praline liqueur if desired.

In a medium bowl, combine pudding mix, milk, condensed milk and 1 cup of whipped topping, stir well. Pour mixture over frozen berries. Top custard with remaining cool whip. Let sit at room temperature for 1 hour or in refrigerator for 2 to 3 hours, enough for the berries to thaw before serving.

Prep Time: 15 min. Ready in: 2 hours Servings: 18.

CONTACT US:

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Killeen, TX 76543-4328
Monday - Friday 8:00 AM to 4:00 PM

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HOP Transportation: 254-616-6800

Staff:

Margo Coster

Program Coordinator

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A Life Quote

There comes a time in our life when you have to let go of all the pointless drama & the people who create it & surround yourself with people who make you laugh so hard that you forget the bad and focus solely on the good. After all, life is too short to be anything but happy.



Lunch is served daily at 11:30 a.m. Meals are \$2/person.

Reservations must be made by noon the day before.

Mon	Tue	Wed	Thu	Fri
	1. Baked Chicken, Rice & Beans	2. Spaghetti & Garlic Bread	3. Pork chops & mashed potatoes	4. Tuna Salad & Chips
7.. Korean Cuisine	8. Fajitas, Beans & Rice	9. Hamburger & French Fries	10. Bratwurst & red cabbage	11. Baked Tilapia & Mac & Cheese
14. Oriental Cuisine	15. BBQ chicken, Baked Beans & Potato salad	16. Covered Dish Luncheon	17. Pulled Pork On bun & Potatoes	18. Baked Fish & Home Fries
21. Oriental Cuisine	22. Baked Chicken & rice	23. Meatloaf & Mashed potatoes	24. Ham Casserole & Salad	25. Seafood Surprise
28. Closed-Holiday	29. Chicken over rice	30. Beef Tips over noodles	31. Ham salad sandwiches & chips	

Note: All meals are served with a vegetable and dessert.

TOURNAMENTS

DRAW FOR PARTNERS DOMINOES MAY 17th at 9:00 a.m.

JOKER MAY 9th at 12:00 p.m.

SPADES MAY 11th at 12:00 p.m.

HAND & FOOT MAY 4th at 9:00 a.m.

PINOCHLE MAY 1st at 12:30 p.m.

MAH JONGG MAY 9th at 12:00 p.m.

DRAW FOR PARTNERS 42 MAY 10th at 9:00 a.m.

CANASTA MAY 8th at 12:30 p.m.

TEXAS HOLD'EM MAY 24th at 12:00 p.m.

CRIBBAGE MAY 9th at 12:30 p.m.

MAY DANCES

TIME: 6:30 – 9:30 PM

ADMISSION: \$3.00

Feel free to bring a snack to share

TUESDAY, MAY 1st
Henry Jost & The Country People at
Lions Club Park Senior Center

TUESDAY, MAY 8th
The Recycles at **Lions Club Park Senior Center**

TUESDAY, MAY 15th
The D.J.'s at **Lions Club Park Senior Center**

TUESDAY, MAY 22th
Paul Wikoff at **Lions Club Park Senior Center**

THURSDAY, MAY 24th
"Swingtime Big Band" at the
Killeen Community Center

ANNOUNCEMENTS

- This year's annual Father's Day Ice Cream social will be held June 15 from 9-11:15AM Activities include games, prizes and refreshments your choice of sundae toppings.
- Juneteeth Celebration June 19th from 9:30-11:15am

Visit us online at www.killeentexas.gov